**Remote Self Help for Problem Gambling**

**GA Hotline info**

www.newyorkga.org

**New York Area**  
New York City/Westchester/Rockland/Surrounding Counties Hotline Number: 855-2CALLGA (855-222-5542)

**Upstate Area**Albany Hotline Number: (518) 292-0414  
Buffalo Hotline Number: 855-2CALLGA (855-222-5542)  
Niagara Falls Number: 855-2CALLGA (855-222-5542)  
Rochester Hotline Number: 855-2CALLGA (855-222-5542)  
Syracuse Hotline Number: 855-2CALLGA (855-222-5542)  
Watertown/Massena Hotline Number: 855-2CALLGA (855-222-5542)

**Long Island Area**Long Island Hotline Number: 855-2CALLGA (855-222-5542)

**Temporary Conference Call Meeting Information for Gamblers Anonymous:**

As of Wednesday, 3/18/2020, Gamblers Anonymous will have an accommodation for all Gamblers Anonymous members who have been told that their regular meeting facilities have been closed due to the current health emergency. The Board of Trustees Telephone Conference Call Committee has been operating a weekly Telephone Conference Call meeting for the last 6 years. With the approval of the Chairman of the Board of Trustees, the committee has volunteered to hold daily meetings.  
  
Accordingly, there will be a telephone conference call meeting every day of the week at 9:00 PM New York Time, which is GMT-4, lasting for 2 hours. These meetings are designated as approved Gamblers Anonymous meetings. These meetings are scheduled to continue for a 2-week period, but may be extended additional weeks, if required.  
  
Below are the details to call in for all the meetings.  
  
Day/Time Call in Number Meeting Code Email for Information and Questions

Sunday 9PM [712-770-5338](tel:712-770-5338)  836083#  [Sunday9PMHelp@gmail.com](mailto:Sunday9PMHelp@gmail.com)  
Monday 9PM [712-770-4925](tel:712-770-4925)  554671#  [Monday9PMHelp@gmail.com](mailto:Monday9PMHelp@gmail.com)  
Tuesday 9PM [712-770-4943](tel:712-770-4943)  253824#  [Tuesday9PMHelp@gmail.com](mailto:Tuesday9PMHelp@gmail.com)  
Wednesday 9PM [712-770-4160](tel:712-770-4160)  611704#  [Wednesday9PMHelp@gmail.com](mailto:Wednesday9PMHelp@gmail.com)  
Thursday 9PM [712-770-4981](tel:712-770-4981)  872853#  [Thursday9PMHelp@gmail.com](mailto:Thursday9PMHelp@gmail.com)  
Friday 9PM [712-770-4996](tel:712-770-4996)  595094#  [Friday9PMHelp@gmail.com](mailto:Friday9PMHelp@gmail.com)  
Saturday 9PM [712-770-5335](tel:712-770-5335)  491301#  [Saturday9PMHelp@gmail.com](mailto:Saturday9PMHelp@gmail.com)  
  
The telephone conference call platform we are using has local access telephone numbers for 74 different countries. If you are going to call from a foreign country, please use the appropriate email address to request the local calling numbers.

**Smart Recovery:** [**https://www.smartrecovery.org/gambling-addiction/**](https://www.smartrecovery.org/gambling-addiction/)

**and**

**http://**[**www.smartrecovery.org/community**](http://www.smartrecovery.org/community)

**National Council on Problem Gambling:**

**24-Hour Confidential National Helpline – Call or text: 1-800-522-4700**

**Chat:** [**www.ncpgambling.org/chat**](http://www.ncpgambling.org/chat)

**Help by state:**[**https://www.ncpgambling.org/help-treatment/help-by-state**](https://www.ncpgambling.org/help-treatment/help-by-state)

**Council on Compulsive Gambling of New Jersey**

24/7 Helpline:  1-800-Gambler

Website:  [**www.800gambler.org**](http://www.800gambler.org)- offers videos and phone-in meetings as alternatives to not being able to gather do to Covid-19 restrictions.

**gamtalk**

<https://www.gamtalk.org/>